

What Matters To You? Day



100

Registrations
across 3 events

Plan More Stress Less

Covering all you need to know about getting yourself, and those you support prepared for any unexpected event including hospital admissions.

The Evaluation

77% Enjoyed the sessions.

100% Would recommend to colleagues.

100% Feel as confident or more confident to talk about death, dying and planning for the future.

Having Conversations That Matter

A gentle way to have challenging but important conversations. This session was run in the morning and evening.

80% Would be interested in attending future sessions.

What people said:

"I liked the idea of the flashcards, it made it really easy to start a conversation."

"I thought back about the number of times I had verbally given information to hospital staff about my mum, when it might have been so much easier for them to have it written down."

"Never heard of Death Cafes!"

"She made everything very relatable to anyone who might be in this situation, whether as a patient or a carer."

"Made me think about how other take the news and deal with terminal illness."

"Attended Power of Attorney on back of this session to learn more. Something I've thought about but not yet actioned."

"Good to listen to others chat and to think about what does matter to me at the end of my life."

"I was sad due to the topic which is emotional."

It made me feel two other things that aren't on the list:

1. Confident - or at least more confident than I was!
2. A bit guilty that I haven't done these things already.

Think a lot of people who have caring responsibilities feel guilt at various points.

How people felt:

A word cloud of emotions and feelings. The words are arranged in a cluster, with 'Thoughtful' and 'Compassion' being the largest. Other prominent words include 'Thankful', 'Curious', 'Included', 'Sad', 'Worried', 'Lonely', 'Grief', 'Peaceful', 'Vulnerable', 'Happy', 'Satisfied', 'Safe', 'Pleased', 'Fortunate', 'Heard', 'Looked After', 'Accepted', 'Hopeful', 'Surprised', and 'Safe'.